

# Army Physical Fitness Test

To improve your overall fitness level before you report to West Point, you should use the recommended guidelines for daily physical training improvements as outlined on this website. Additionally, you should consider the following points as you prepare to excel specifically on the APFT:

**Step 1** – Establish correct form. You will be graded and trained to perform all of the endurance exercises with technically correct form. View the exercise [videos on the website](#) for the correct execution of the push-up and situp. Speed is not important if you can't perform the exercises correctly. Checkpoints for both the push-up and situp are located on page two and three of this document.

**Step 2** – Train push-ups and situps with timed sets allowing 20-30 seconds' rest in between varied sets. Focus on your form. Again, be sure to allow at least 48 hours' rest in between training sessions. A sample individualized program including push-ups, situps and other muscular fitness exercises [is accessible here](#).

**Step 3** – Establish a baseline 2-mile run time, then select your goal time and run eight ¼-mile intervals, with each quarter mile being 5% faster than the goal time. Insert a ¼-mile jog in between each ¼-mile run interval for a brief rest period during the workout. Then, be sure to run two other times a week at 70- to 80-percent maximum heart rate (MHR = 220 – your age) for 20 to 30 minutes. Please use [the individualized workout](#) to help improve for your APFT.

**Step 4** – Give yourself a practice APFT every 3 weeks. After a warm-up, execute 2 minutes of pushups, rest for 10 minutes, 2 minutes of sit-ups, rest for 10 minutes, and then do a 2-mile run for time. The following chart will give you an idea of your ability level. If you do not start practicing now, you'll be at a significant disadvantage for CBT and for the academic year. Remember, correctly performed repetitions are more important than speed; speed of execution will come from perfect practice!

<b>MEN</b>	<b>Push-Ups</b>	<b>Situps</b>	<b>Run</b>
Beginner	42	53	15:54
Middle	60	68	14:15
Advanced	75	80	13:00
<b>WOMEN</b>	<b>Push-Ups</b>	<b>Situps</b>	<b>Run</b>
Beginner	19	53	18:54
Middle	33	68	16:50
Advanced	45	80	15:30

It is important to remember to apply the principles of "FITT" to your individualized physical fitness program. Train with regular frequency (F) throughout the week – two to three times with ample rest in between workouts. Vary the intensity (I) of your workouts – Don't always push to the maximum, but cycle your intensities. Work out for an ample length of time (T), but not so long as to create injury or over-train – approximately 30 minutes to an hour.

Lastly, for well-rounded development, incorporate different types (T) of training into your workout. If you are a lifter, run and do muscular endurance training more often. If you are a runner, balance your endurance work

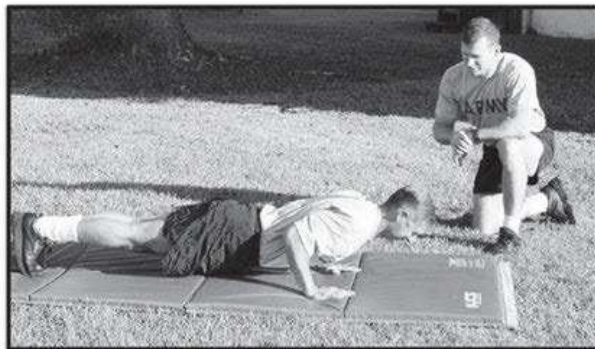
with some safe strength-training exercises (lifting). Progressively (slowly) increase the number of sets or repetitions, or the amount of weight you use in your program for best results. Finally, overload your muscles by pushing yourself to work just a little harder than you did the last time. Importantly, be sure to get clearance from your physician before beginning any exercise program.

## Push-Up Execution

The following is the narrative you'll hear prior to the APFT administered during CBT. This portion of the narrative describes the proper execution of the push-up.

**“THE PUSH-UP EVENT MEASURES THE ENDURANCE OF THE CHEST, SHOULDER, AND TRICEPS MUSCLES. ON THE COMMAND, ‘GET SET’, ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (MEASURED BETWEEN THE FEET). WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES. ON THE COMMAND ‘GO’, BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION.”**

**“IF YOU FAIL TO PERFORM THE FIRST 10 PUSH-UPS CORRECTLY, THE SCORER WILL TELL YOU TO GO TO YOUR KNEES AND WILL EXPLAIN YOUR DEFICIENCIES. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RETESTED. AFTER THE FIRST 10 PUSH-UPS HAVE BEEN PERFORMED AND COUNTED, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED PUSH-UPS WILL NOT BE COUNTED. AN ALTERED, FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. THAT IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING. IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES IN WHICH TO DO AS MANY PUSH-UPS AS YOU CAN.”**



### Additional checkpoints for the push are as follows:

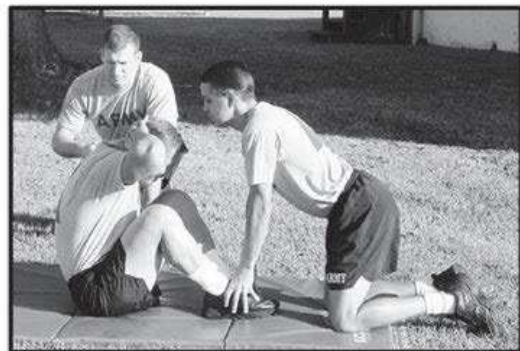
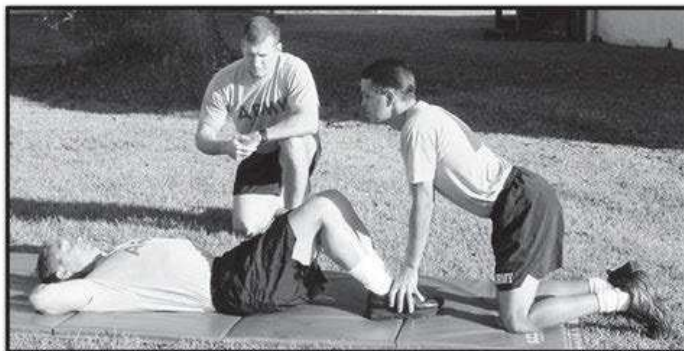
- Your chest may touch the ground during the push-up as long as the contact does not provide an advantage. You cannot bounce off the ground
- Your feet will not be braced during the push-up event
- You may do the push-up event on your fists
- You may not cross your feet while doing the push-up event
- You may not take any APFT event in bare feet
- You should not wear glasses while performing the push-up event

### Situp Execution

The following is the narrative you'll hear prior to the APFT administered during CBT. This portion of the narrative describes the proper execution of the situp.

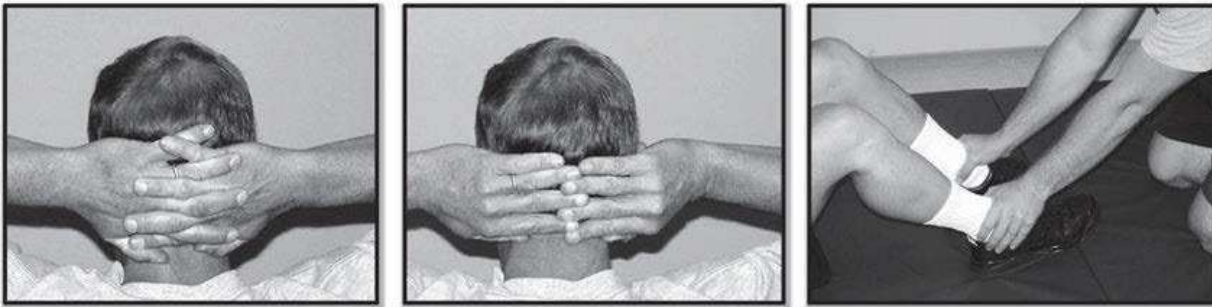
**“THE SIT-UP EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIP-FLEXOR MUSCLES. ON THE COMMAND ‘GET SET’, ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (MEASURED BETWEEN THE FEET). ANOTHER PERSON WILL HOLD YOUR ANKLES WITH THE HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF YOUR FOOT THAT MUST STAY IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND, ‘GO’, BEGIN RAISING YOUR UPPER BODY FORWARD TO, OR BEYOND, THE VERTICAL POSITION. THE VERTICAL POSITION MEANS THAT THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE. AFTER YOU HAVE REACHED OR SURPASSED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY PERFORMED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR LET YOUR KNEES EXCEED A 90-DEGREE ANGLE. IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. IF YOU FAIL TO PERFORM THE FIRST 10 SIT-UPS CORRECTLY, THE SCORER WILL TELL YOU TO ‘STOP’ AND WILL EXPLAIN YOUR DEFICIENCIES. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RE-TESTED. AFTER THE FIRST 10 SIT-UPS HAVE BEEN PERFORMED AND COUNTED, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED SIT-UPS WILL NOT BE COUNTED. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION.**

**“IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS PHYSICAL EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER MEANS TO PULL OR PUSH YOURSELF UP TO THE UP (REST) POSITION OR TO HOLD YOURSELF IN THE REST POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES TO PERFORM AS MANY SIT-UPS AS YOU CAN.”**



### Additional checkpoints for the Situp are as follows:

- You may not swing your arms or use your hands to pull yourself up or push off the ground to obtain the up position. If this occurs your performance in the event will be terminated
- You may wiggle to obtain the up position, but while in the up position, you may not use your elbows or any part of the arms to lock on to or brace against the legs. Your elbows can go either inside or outside the knees, but may not be used to hold yourself in the up position. If this occurs your performance in the event will be terminated
- During your performance of the sit-up, your fingers must be interlocked behind your head. As long as any of your fingers are overlapping to any degree, they are considered to be interlocked (see picture below). If they do not remain interlocked, that repetition will not count
- Both heels must stay in contact with the ground (see picture below). If either foot breaks contact with the ground during a repetition, that repetition will not count



### Two Mile Run Execution

The following is the narrative you'll hear prior to the APFT administered during CBT. This portion of the narrative describes the proper execution of the two mile test.

**“THE 2-MILE RUN MEASURES YOUR AEROBIC FITNESS AND ENDURANCE OF THE LEG MUSCLES. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL SOLDIERS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND ‘GO’, THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE TWO-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP AND/OR CARRIED), OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, THE EVENT WILL BE TERMINATED. IT IS LEGAL TO PACE A SOLDIER DURING THE TWO-MILE RUN AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACED SOLDIER AND IT DOES NOT PHYSICALLY HINDER OTHER SOLDIERS TAKING THE TEST. THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED SOLDIER WHILE SERVING AS A PACER IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED.”**